CAITLYN JENNER'S BIG TELEVISION DEBUT

THE BIGGEST SURPRISES FROM LAST NIGHT'S PREMIERE. PAGE 20

metro

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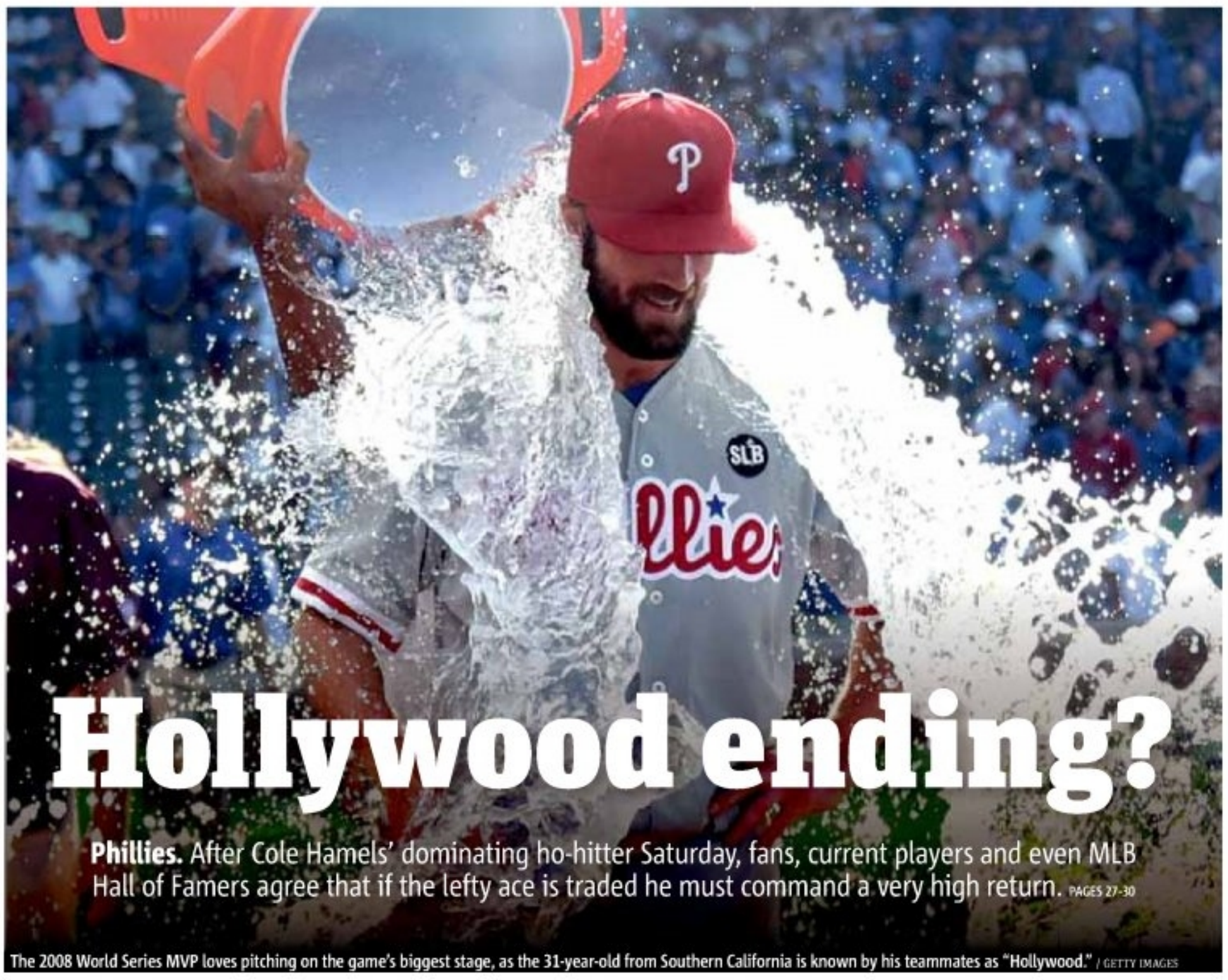

Hollywood ending?

Phillies. After Cole Hamels' dominating ho-hitter Saturday, fans, current players and even MLB Hall of Famers agree that if the lefty ace is traded he must command a very high return. PAGES 27-30

The 2008 World Series MVP loves pitching on the game's biggest stage, as the 31-year-old from Southern California is known by his teammates as "Hollywood." / GETTY IMAGES

PETA goes virtual to show reality of cruelty

PAGE 02

Host Chris Harrison on if his show went too far

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This will inspire you to go back to school

PAGE 24

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1 NEWS

Top 3

The best of Metro.us

1 Work begins in Village on Bea Arthur Residence for LGBT homeless youth

2 Here's an STD map of your city: Philly is the fourth-most diseased

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On the go

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PETA VR tour turns Philly into a bunch of chickens

Batteries not included. 'I, Chicken' uses Google Cardboard to let you see through the eyes of a chicken.

Victoria Rakhvarger, 7, cries after checking out the virtual reality goggles that make you feel like a chicken, as part of an awareness campaign by PETA (People for the Ethical Treatment of Animals) on Market and 10th St. To the right, reporter Daniel Kelley looks through the virtual reality goggles at the "I, Chicken" demonstration. / MARIA S. YOUNG, METRO

For those who have ever wondered what it is like to be a chicken — or what it's like to use virtual reality — the animal rights activists from People for the Ethical Treatment of Animals have you covered.

A crew from PETA's virtual reality team (yes, PETA has one) swung into Philly on Thursday, giving passersby a taste of the life of poultry.

It wowed some, made one little girl cry and convinced one woman to complete her transition to vegetarianism — all in the span of 45 minutes.

The exhibit is called "I, Chicken." It's a short, immersive experience that lets users see through the eyes of a chicken that is plucked from a field, caged and then taken for slaughter.

This virtual chicken didn't get slaughtered, but it was on its way. And it was able look back and see bodies of its friends who died en route to the slaughterhouse, and saw the carcasses of others coming down a conveyor belt in the form of wings and thighs.

Quoted

"They got me in chicken jail ... It was cool, but I really like Chik-fil-A."

Forrest Smith, 39, of West Philly

The chicken could also read — because the word "slaughterhouse" was clearly emblazoned above the birds.

"They got me in chicken jail," said Forrest Smith, 39, of West Philadelphia, who really liked the virtual reality experience, but was less concerned with the message. "It was cool, but I really like Chik-fil-A."

The project uses Google Cardboard, which is essentially a piece of cardboard that folds in such a way as to create a viewer. Users can slide a smartphone into a slot to play a video that moves with the user — so the perspective changes when people turn their heads left or right or up or down.

This is PETA's second version of "I, Chicken." Another version made the rounds of college campuses last year.

It's not as gruesome as some of the videos that PETA puts out through its undercover work on factory farms, but it did persuade Veronica Ross, who remembered gathering eggs on her grandmother's farm.

"That's crazy," said Ross, 58, of West Philadelphia. "I grew up on a farm, and we never did stuff like that."

She's given up pork and beef for health reasons, but the image of the slaughterhouse made her rethink the chicken dinner she'd had the night before.

"I don't want to eat meat anymore," Ross said.

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

Sunny Sunday in Clark Park

Hula-hoopers, baton twirlers and drummers practice their crafts in the sunshine Sunday in Clark Park. Also at the park were two friends challenging one another to a game of chess, and adults and kids alike lining up for the Mister Softee truck. HANDI FAIR, METRO

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Windows 10

Career criminal arrested in Drexel murder

James Harris / PROVIDED

Suspect. Police said James Harris, 56, sexually assaulted and killed Jasmine Wright, 27.

A man who killed his own father in 1982 and had previous convictions for sexual assault has been arrested for the murder of a recent Drexel University grad in her apartment, police said.

Philadelphia police said James Harris, 56, sexually assaulted and killed Jasmine Wright, 27, after he had broken into her apartment near 50th and Locust.

Harris, a career criminal with 31 prior arrests, had been fired a week before the July 16 murder and banned from the building, Homicide Unit Captain James Clark said.

"He's a monster," Clark said.

Witnesses said Harris was inside Wright's apartment when she came home from a workout. She was talking to her mother in Virginia when the line went dead.

She was beaten, strangled and sexually assaulted on the floor, investigators believe.

Several neighbors saw Harris enter the building. Police later picked Harris up on burglary charges, and then confirmed that he had been inside the apartment through DNA evidence.

Clark said members of the Crime Scene Unit worked on their days off on the case, and detectives worked around the clock.

Wright, a New York City native, had completed a masters degree in public health at Drexel less than a month before her death.

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Christie: Blame commute on Amtrak

Gov. Chris Christie / GETTY IMAGES

New Jersey Gov. Chris Christie, a 2016 Republican presidential candidate, on Friday blamed Amtrak for a week of nightmarish commutes throughout New Jersey and called on the Obama administration and Congress to "step up their responsibility," and fix the problems.

New Jersey pays Amtrak, the national rail operator, $100 million annually so that NJ Transit trains can use Amtrak tunnels and rails into New York City, Christie said.

Travelers using NJ Transit trains were "victimized" by extreme delays and cancellations throughout the system this week because of "Amtrak's indifference to New Jersey commuters and its abject neglect of the infrastructure that New Jersey and our entire region relies upon," Christie said in a statement.

Christie said he had asked the state attorney general to review the matter.

Amtrak apologized for the delays.

"We are actively sharing information with our partners at New Jersey Transit and other agencies and will continue to work closely with them in developing an immediate solution," spokeswoman Kimberly Woods said in a statement.

She said the power failures that caused problems on the Northeast Corridor this week showed the "urgent need for a funding solution."

Christie's broader record on transportation is less supportive. Just after taking office in 2010, he cancelled a new Hudson River tunnel project already under construction, called Access to the Region's Core, saying costs were likely to skyrocket and citing his state's lack of funding ability.

New Jersey's Transportation Trust Fund, which pays for roads and bridges, is also nearly broke. That has prompted calls from Democrats to raise the state's gas tax, which Christie has rejected.

New Jersey Assembly Transportation Committee Chairman John Wisniewski called Christie's comments about Amtrak hypocritical.

"His piece-meal approach and lack of long-term planning has left our roads and bridges in shambles," Wisniewski said in a statement. REUTERS

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Crime

Wife, baby clinging to life after husband stabs them amid weekend argument, police say

In a fit of rage, a man repeatedly stabbed his wife and then plunged the knife into his baby daughter's chest over the weekend, police say, leaving both victims clinging to life.

The suspect, a 41-year-old male who had not been identified or charged as of press time Sunday, allegedly stabbed his wife and their daughter outside the home they shared on the 1900 block of Dallas Street in North Philly after an argument in the early morning hours Sunday.

The mother, 37, was listed in critical condition at Einstein Hospital with "multiple stab wounds all over her body," according to the police report.

The 21-month-old girl was listed in critical condition at St. Christopher's Hospital for Children with a stab wound to the chest, according to police.

Witnesses told police the husband stabbed the woman and child and then fled.

Police said Sunday night that Stephen Burton was wanted for questioning in connection with the stabbing, but did not say whether he was a suspect. **SAM NEWHOUSE**

GauravJit "Raj" Singh, the founder of DroneCast, relaxes outside of their Philadelphia office. / MARK STEHLE PHOTOGRAPHY

West Philly drone-ad firm expands

Flying high. DroneCast is teaming up with local drone partners.

Connor Gallic recently picked up an unusual way to make extra cash: Flying drones. Twice now the West Philadelphian has piloted his own small, four-rotor, remote-controlled drone — what the Federal Aviation Administration calls an unmanned aerial system. But Gallic isn't taking photographs or shooting films. Instead, his drone is flying banner advertisements for local businesses.

"I work for a social media marketing company, but I wanted to do something a bit more and something a little newer, and that's where I found DroneCast," says the 22-year-old Gallic.

DroneCast makes money by charging clients for drone-based advertising. That might mean flying banners emblazoned with company names and logos, dropping glow sticks into crowds of people at outdoor concerts or, as it meant during the last NBA All-Star Weekend, ferrying bottles of Ciroc vodka to patrons at an afterparty.

The West Philly-based startup uses drones costing several thousands of dollars each that are modified to fly an hour and a half and carry up to 6 pounds. Fortune 500 companies pay DroneCast between $10,000 and $15,000 per event to fly ads or carry other promotional products.

In June, DroneCast added another moneymaking tool, and that's where Gallic fits in. For $6,000, those interested can buy one of DroneCast's custom drones as well as receive the startup's services in lining up customers interested in drone advertising and taking care of the billing for each advertising gig.

In exchange, DroneCast pockets 20 percent, while the partner-pilot receives the remaining 80 percent. If that sounds similar to a certain Silicon Valley ride-sharing company that operates in Philadelphia without the permission of the Philadelphia Parking Authority, that's because it is.

"We're really modeling everything around Uber," says DroneCast founder GauravJit Singh. "If [people] partner with us, they get their own little business. They get to do what they want and make their own hours, but we handle all the hard stuff for them." **ANDREW ZALESKI, PHILADELPHIA CITY PAPER**

Quoted

"We really model everything around Uber. If [people] partner with us, they get their own little business." Singh

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If you selected the "Limited Tort" Option on your automobile insurance, don't worry. As long as you were riding your bike and not your car at the time of the accident, you are entitled to full compensation for all of you injuries, including pain and suffering.

Obtaining compensation for your injuries from a bicycle accident is a right you have. But it can be complicated. To make sure you get all of the compensation you are entitled to, it is best to consult with an attorney experienced in handling these personal injury matters.

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Kurdistan Workers Party. Turkish fighter jets hit targets in Iraq

Turkey attacked Kurdish insurgent camps in Iraq for a second night on Sunday, security sources said, in a campaign that could end its peace process with the Kurdistan Workers Party.

Ankara, which called for a special NATO meeting on Tuesday to discuss its security concerns, said two soldiers were killed and four wounded in the latest attack by PKK militants.

Long a reluctant member of the U.S.-led coalition against Islamic State, Turkey made a dramatic turnaround this week by granting the alliance access to its air bases and launching air raids against both the jihadist movement and the PKK.

But the relapse into serious conflict between Turkey and the PKK has raised doubts about the future of NATO member Turkey's peace process with Kurdish foes that started in 2012, after 28 years of bloodshed, but has recently stalled.

Four Turkish F-16 fighter jets deployed from the Diyarbakir air base in the country's mainly Kurdish southeast hit PKK targets in Hakurk in northern Iraq, the sources told Reuters.

The strike came after a car bomb and roadside explosives hit a passing military vehicle on a highway near Diyarbakir overnight on Sunday, the army said. Kurdish militants then opened fire on the vehicle with rifle fire, it said. Four other soldiers were wounded.

The PKK, which Ankara and Washington deem a terrorist group, has also targeted police officers in the southeast and elsewhere, accusing the Islamist-rooted central Turkish government of covertly helping Islamic State to the detriment of Syrian Kurds. REUTERS

With nuclear deal done, Iran sets out to reassure its Gulf Arab neighbors

Iranian Foreign Minister Mohammad Javad Zarif holds a press conference after his meeting in Kuwait City. / GETTY IMAGES

Gulf Arab states. They are worried that Iran's accord will hasten detente between Tehran and Washington.

Iran's foreign minister called on Sunday for a united front among Middle Eastern nations to fight militancy, in his first regional trip since Iran reached an agreement with world powers on the country's nuclear program — an agreement that raised fears among its Gulf Arab neighbors.

"Any threat to one country is a threat to all ... No country can solve regional problems without the help of others," Mohammad Javad Zarif said at a news conference hosted by the Iranian embassy in Kuwait.

Zarif earlier met Emir Sheikh Sabah al-Ahmad al-Sabah and Kuwait's foreign minister, Sheikh Sabah al-Khaled al-Sabah, who was not present at the news conference.

After Kuwait, Zarif traveled to Qatar, where he was to meet the Emir Sheikh Tamim bin Hamad al-Thani. He was due to go to Iraq next.

"Iran stands behind the people in the region to fight against the threat of extremism, terrorism and sectarianism ... Our message to the regional countries is that we should fight together against this shared challenge," Zarif added. REUTERS

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The Foreman Forecast

TOM FOREMAN

TOM FOREMAN PREDICTS THIS WEEK IN POLITICS. HE IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY: A DAD, A DAUGHTER, AND A RIDICULOUS PLAN."

ROAD TRIP!

Of course all the contenders (or perhaps pretenders) to the presidential throne are burning up the highways with their campaign buses already, but this week could find some bumpy roads on several political fronts. Grab the steering wheel, as I'm predicting some serious potholes in my three things to watch this week in politics.

DEMOLITION DERBY: The $47 billion federal highway bill is finally, painfully, exhaustingly coming down to the finish line for Congressional approval. Normally that's about as exciting as changing a flat. But there is potentially a huge wreck looming. A deal to renew the controversial Export-Import Bank has been attached to the highway funds, and some conservatives are ready to blow a gasket. They think it's all a taxpayer-funded kickback to big corporations, and if they can get their engines revved up enough they could ram the whole deal rather than let it roll by.

SQUEAKY WHEELS: As tired as everyone may be getting of Hillary Clinton's emails, like a squeak in the undercarriage the story just won't go away. Reporting was a mess this past week about possible investigations into how she handled her computer communications while Secretary of State, with her campaign pushing back hard and repeating assertions that she's done nothing improper. Right or wrong the whole mess has Clinton fighting for gaining traction, so watch for opponents to try to keep the skid going.

BACKFIRE: The Louisiana theater shootings spurred an immediate cry to revive efforts for gun control legislation. That said, even with passions running hot for change, the political equation in DC is unchanged. Look for some emotional interviews and speeches rolling out from the left this week ... but a fundamental detour in policy is highly unlikely.

Trump has been criticized by Republican Party leaders for making incendiary comments. / GETTY IMAGES

Trump tops CNN poll of 2016 Republicans

Says he leads a 'movement.' Trump said people are tired of incompetent politicians in DC.

Real estate magnate Donald Trump moved to the top of the 2016 Republican presidential field in a CNN poll released on Sunday, edging rival Jeb Bush and gaining support from Republicans in the last month despite a series of controversial statements.

Poll

18%

Trump was backed by 18 percent of Republicans in the CNN poll, which was conducted entirely after his July 18 criticism of Republican Senator John McCain's war record. His lead over Bush, a former Florida governor who was at 15 percent, was within the poll's margin of error.

"There is a movement going on. This is more than me," Trump said on CNN's "State of the Union," saying the poll results were not surprising.

"People are tired of these incompetent politicians in Washington," he added, "that can't get anything done."

Trump's support among Republicans increased six percentage points since late June despite a flood of rebukes of Trump by most of his fellow candidates after he said McCain, a former Navy pilot who was tortured during more than five years in captivity during the Vietnam War, was not a war hero because he was captured. REUTERS

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Five things you need to know

1 Obama tells Kenyans they can succeed

U.S. President Barack Obama told Kenyans on Sunday on his first presidential trip to his father's homeland that there was "no limit to what you can achieve" but said they had to deepen democracy, tackle corruption and end exclusion based on gender or ethnicity.

After political talks on Saturday with President Uhuru Kenyatta on security and business, Obama's speech to a packed sports hall in Nairobi struck a personal note, as he spoke of his own experience and that of Kenya's in the five decades since independence.

Kenya was the first leg of a trip to Africa. Later on Sunday, he arrived in neighboring Ethiopia, one of the continent's fastest-growing economies and headquarters for the 54-nation African Union.

"I'm here as president of a country that sees Kenya as an important partner. I'm here as a friend who wants Kenya to succeed," he said in the Nairobi arena, after being introduced by his sister Auma Obama. REUTERS

After Kenya, Obama arrived in Ethiopia. / GETTY IMAGES

2 Two killed, six injured in boat accident near Baltimore bridge

Two women were killed and six people injured when a passenger boat slammed into a concrete abutment at a major bridge in Baltimore early on Sunday, police said.

Two bodies were pulled from the water near the Francis Scott Key Bridge spanning the Patapsco River, Maryland Department of Natural Resources Police said in a statement.

Six other passengers were taken to hospital with injuries, the severity of which were not immediately known.

The power boat hit a concrete piling along a shipping channel that protects the bridge from boat strikes. REUTERS

3 Auto safety regulator to fine Fiat Chrysler $105M

U.S. authorities are close to imposing a record $105 million fine on Fiat Chrysler Automobiles for recall lapses covering millions of vehicles, the Wall Street Journal reported on Saturday, citing people familiar with the matter.

A settlement could be unveiled as early as Monday and Fiat Chrysler will have an opportunity to recoup some of the penalties if it meets certain conditions, the newspaper said.

In some cases, the automaker will agree to repurchase recalled vehicles. REUTERS

4 Amusement park ride tips over, 12 injured

Twelve people, including children, were injured when a swing ride tipped over at an amusement park in Kentucky, police said on Sunday.

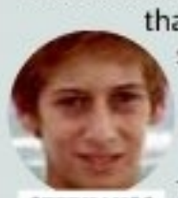
The ride, in which people sitting in swings suspended from above are spun around, tipped over just after 7 p.m. on Saturday in Beech Bend Park in Bowling Green, Warren County Sheriff's Office spokesman Stephen Harmon said.

"It actually tipped over. I don't know if the weight wasn't distributed properly or there was some kind of a malfunction with the ride itself, but we're saying that it collapsed," he said. REUTERS

5 Coast Guard widens search for two Florida teens missing at sea

The U.S. Coast Guard expanded its search on Sunday for two teenage boys who went missing during a fishing expedition off the Florida coast two days ago, the service said in a statement.

Airplanes, helicopters and speedboats had covered more than 14,000 square nautical miles in the search for Austin Stephanos and Perry Cohen, both 14, who were last seen on a 19-foot white fishing boat in the waters of Palm Beach County, the Coast Guard said. REUTERS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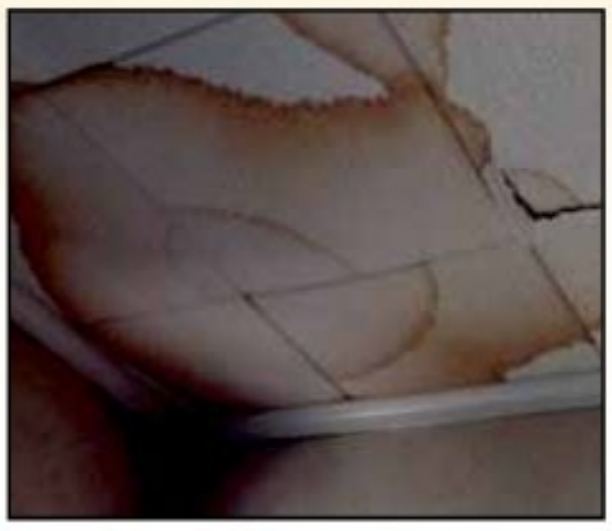

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OMG. Soon there will be a 'Pac-Man' probe to devour junk in outer space

Arcade game fans, rejoice, as a "real life" Pac-Man is planned for launch — to gobble up space junk floating in Earth's orbit. The CleanSpace One probe, designed by the Center for Space Engineering at EPFL in Lausanne, Switzerland, aims to track down tiny 10x10-cm SwissCube satellites spinning in space and trap them using its conical net. The team has now passed the prototype phase and hopes to develop a model ready to collect the debris by 2018. Muriel Richard-Noca, project manager of CleanSpace One, spoke to Metro.

Is space junk a big problem?
There are various sizes to space debris, from millimeters to tens of meters, with each size creating different threats. Heavy ones have most potential for creating thousands of debris if they collide with each other or with smaller debris. Overall, the number of debris larger than 10 centimeters in space is around 16,000. They are composed of old rocket bodies, defunct satellites and, for the most part, fragmentation junk from explosions or collisions.

What makes space debris a threat?
Their velocities are very high — approximately 7 km/s, or about 28,000 km/h — and thus a collision even with a very small debris creates large damage, as the impact energies are tremendous. This is why the International Space Station has a double-skin structure to ensure safety of the astronauts. But functional satellites do not carry such structure for mass and cost reasons, and collision with a 10-cm object or larger will mean destruction.

And that's why you are creating the Pac-Man probe?
The story begins in September 2009, when we launched our first pico-satellite SwissCube, used to monitor collisions from previous satellites. We realized that the SwissCube would become a debris once its mission is completed. So we decided to do something about it. We started a program to work on active debris removal, and the CleanSpace One project anchors these activities with a flight mission. Its launch is planned for the 2018-2019 time frame.

Why will Pac-Man's mission be so important?
We are now in a critical period, where it is believed that the number of debris in space is at the threshold to start a self-cascading effect: one collision creating thousands of debris, thus increasing the probability of more collisions and so on. This effect could be difficult to control once the chain reaction starts.

DMITRY BELYAEV, MWN

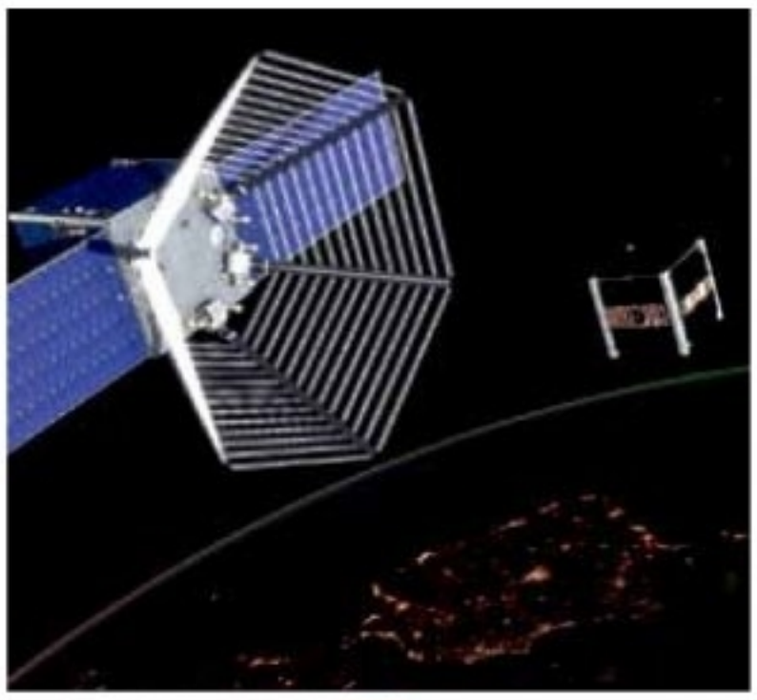
Visit us online at **Metro.us/omg** for more interviews.

Question

How will the CleanSpace One work?

To collect the debris, our engineers had come up with various solutions, from articulated arms with claws to a system of tentacles. But they finally opted for the so-called "Pac-Man" method. The prototype resembles a net in the form of a cone that unfolds and then closes back down once it has captured the small satellite.

METRO WORLD NEWS



CleanSpace One probe / EPFL

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He's all bark ... and a little bike, too

Barry is no ordinary dog: This Bedlington terrier has a gift for riding a bike. Three-year-old Barry, who lives with his owners Wayne Sowerby and his partner Kate Hayllar in Cumbria, began to play on skate boards when he was just a young pup. His owner Wayne, 29, says that the family was outside playing with the dog one day, and soon after Barry moved up to a tricycle. MWN

The 'Show Me' State

Missouri man kills father by lying on his head to 'prove a point'

A Missouri man was charged Sunday with murdering his 74-year-old father by lying on his head until the man lost consciousness, to prove "how big and bad" he was, authorities said.

Kyle Webb, 44, of Grandview, Missouri, is charged with killing Franklin Webb late Saturday night at a home they shared after the father complained about the way his son was cleaning up around a leaky pipe, according to a police report.

Kyle Webb admitted to the killing, telling police that he became angry at his father's complaints and attempted to scare him by acting as though he was going to hit him with an empty vodka bottle, according to the police report. Franklin Webb then tried to punch his son but fell back, hitting a kitchen chair before falling to the floor where the son jumped on top of him, the police report states.

Quoted

"I had to prove how big and bad I was."

Webb told police

Kyle Webb told police he positioned his father's arm across his throat and then laid himself across his head as the man lay face down on the floor. He sat on his head for up to 12 minutes, the police report states, because the son said he wanted to "prove a point" that he could control his father. REUTERS

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Avengers: Age of dating rumors

Real subtle, guys. / ALL PHOTOS GETTY IMAGES

This could make things awkward at the next "Avengers" table read. Tom Hiddleston (who plays the mischievous villain Loki) and Elizabeth Olsen (new team member Scarlet Witch) are weathering some new dating rumors after sharing a cozy dinner in London late last week. You can tell there's some truth to it because of how uncomfortable they appear in paparazzi photos from their night out. If that's not an "Oh crap, you weren't supposed to see this" face, I don't know what is. Of course, the two are set to star as husband and wife in the Hank Williams biopic "I Saw the Light," so who knows, maybe the whole thing is just research.

How Madonna is like Picasso

So Madonna is now comparing herself to Pablo Picasso. But wait! It's not as ridiculous as you might suspect. In fact, the "Rebel Heart" singer makes the comparison in response to the ever-tiresome critics who think that at 56 she's too old to still be out there being Madonna and all. "I like to compare myself to other kinds of artists like Picasso. He kept painting and painting until the day he died," she tells the Telegraph. "Why? Because I guess he felt inspired to do so. Life inspired him, so he had to keep expressing himself, and that's how I feel. I don't think there's a time, a date, an expiration date for being creative. I think you go until you don't have any more to say." So now you know.

Ask me about my blue period.

Daily video

Kids explain adultery

Jimmy Kimmel is racking up quite an awkward playlist of "Kids Explain" videos. After the last installment tackled marriage equality without much incident, Kimmel decided to take on the Ashley Madison hacker threat by asking kids on the streets of Hollywood to explain adultery. Some of the answers are pretty great. And, thankfully, most of them have no idea what the word means. Yet.

@ JIMMYKIMMELLIVE/YOUTUBE

THE WORD

Ned Ehrbar takes on the world of gossip.

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Amy Schumer knows how to shut down an interview

How do you make an interview with Amy Schumer go terribly, terribly wrong? Casually refer to her "Trainwreck" character as "skanky." At least that's what Australian radio co-host Matt Tilley learned when he tried to float the adjective past Schumer, only to have the Comedy Central star make the rest of their time together incredibly awkward. "Do you have the word 'skanky' in America?" Tilley asked, to which Schumer gamely replied, "We do have that word. What made you think about your mom?" There's video of the chat, as well, if you haven't had a good cringe-fest lately. Also, Tilley? Excuse me, do we have the word "skanky" here? Sir, we invented it. I said good day!

2 CULTURE

Twitter feed

Today, David Crosby has questionable taste, Azealia Banks keeps it classy and Conan O'Brien does not have a problem.

@thedavidcrosby: You all know I don't like saying who's the best because we're all different. But my favorite male vocalist is Michael McDonald

@AZEALIABANKS: Applebee's wine glass filled to the rim.

@ConanOBrien: I don't think I spend too much time on my smartphone at home, and neither do my kids, Candy and Crush.

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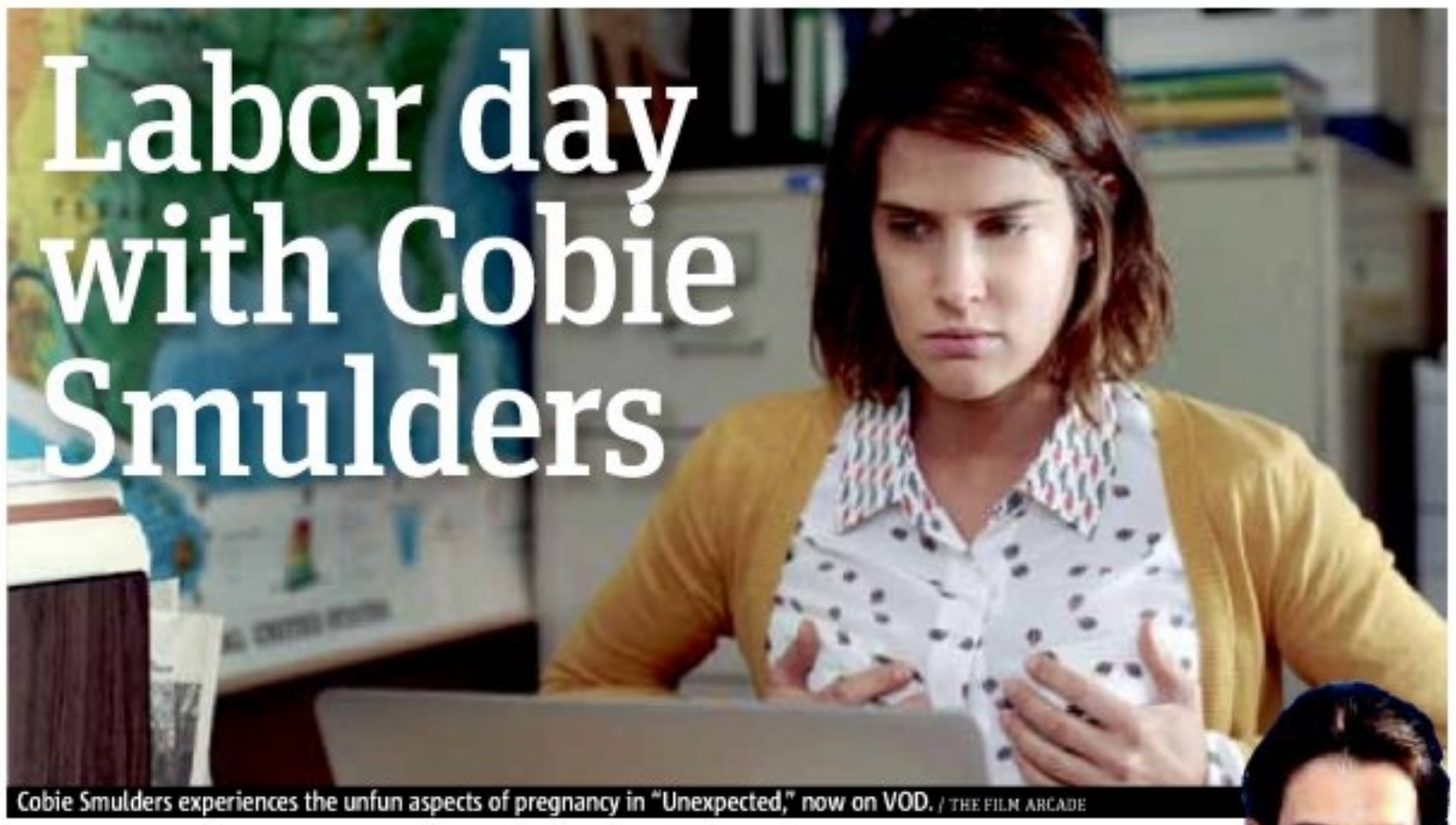
Labor day with Cobie Smulders

Interview. The "How I Met Your Mother" actress goes indie with the pregnancy dramedy "Unexpected."


Cobie Smulders experiences the unfun aspects of pregnancy in "Unexpected," now on VOD. / THE FILM ARCADE

Since her nine-year stint on "How I Met Your Mother" ended, longtime player Cobie Smulders has divvied her time between Marvel business — she's played S.H.I.E.L.D. biggie Maria Hill in four projects so far — and indies. Earlier this season, she cussed up a storm in Andrew Bujalski's fitness-centered "Results." In "Unexpected," by filmmaker Kris Swanberg, she's only slightly less grouchy as a young teacher who accidentally gets knocked up.

Elizabeth McGovern plays your mother here, and I'm sure everyone has said this, but it's really uncanny how alike you two look.
Kris was quite inspired by the movie "She's Having a Baby," in which Elizabeth McGovern plays the pregnant wife. She told me to watch it before we shot. Two weeks later, Elizabeth McGovern was playing my mom. She and I have that Wonder Woman gene in us: dark hair, blue eyes and white, white skin. But it was weird. It really hit home when we were together for the first time that there's a lot of alikeness. Listen, if I end up looking like that at her age, I'll take it.

This is very frank about what women go through during pregnancy. Were there things you felt the script really got right?
I don't think we've seen a woman deal with the fact that she has to stop working or feel like she's losing her identity through pregnancy. When you're pregnant and in a relationship, you have to ask, "What are you going to do?" or "When are you going to go back to work?" if you have a strong career. It's different for everybody. I thought it was interesting portraying a woman who has such a strong drive to keep working, to be a part of the workforce, to have a passion other than her family — to try and wrap her head around it while going through so many changes.

In America, at least, there's still a fight to get more maternity leave or even keep it at what it is.
Growing up in Canada, we have paternity leave, which is amazing, as well as a healthy maternity leave. In this industry, I've been lucky. You are self-employed. I love checking that box whenever I'm filling out a government form. It's great if people want to employ you all the time. But if you're actively looking for work constantly, it's less so. There's something very freeing about being on your own schedule, but there's also something terrifying about taking time off.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

GETTY IMAGES

One more thing

Blame Canada

Kris Swanberg comes from a very collaborative filmmaking background. Could you sense that you were very much involved in the process?
It's always fun when the writer is the director. In my experience, they're either like, "This is why this word is here" or "Just f—ing say whatever you want." Kris was a combination of the two. She was very open with me, probably because I related to what Samantha was going through, being a mother myself, and being a working mom at that. I was able to have a lot of input in the script.

She'd even add scenes for me I was really adamant about — I wouldn't say adamant. The Canadian version of being adamant is saying, "Hey, I had an idea. Don't worry about it — I know you've scouted everything, and it will be a pain in the ass, but I had this idea where Samantha could go out and buy a pregnancy test at the local convenience store, which would be near the high school so we can showcase the neighborhood a little more, if it's OK. If it's not too much trouble." That's me being adamant.

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$10, Burtsbees.com

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5 Biggest moments from 'I Am Cait'

Spoiler alert. These are the shockers we can't stop talking about.

After weeks of endless promos and sneak peeks, "I Am Cait" finally premiered last night on E! The docuseries follows Caitlyn Jenner's journey to start her life as a woman after 65 years of living as a man. Here are all the juicy scenes from the first episode.

1 Caitlyn sees her Vanity Fair cover for the first time. Besides a few unauthorized paparazzi photos, Caitlyn Jenner's Vanity Fair cover and accompanying photos are truly her coming out as a woman. In the first few moments of "I Am Cait," Caitlyn sees the cover, the cameras capturing her immediate reaction. Also caught on camera is a call from Rob Kardashian, who tells Caitlyn what he thinks of the cover. At the end of the episode, Caitlyn reveals that Khloe Kardashian had some issues with the cover, but you'll have to wait until the second episode to find out why.

2 Kylie Jenner meets Caitlyn for the first time. Kylie's first time seeing her father living out a new identity wasn't in person; it was actually over FaceTime, which caught Caitlyn totally off guard. "I don't want to scare you," Caitlyn tells Kylie. The whole call and her reaction to seeing Caitlyn for the first time are shown in the episode along with later when Kylie comes over to visit, meeting Caitlyn in person for the first time.

3 Caitlyn's mom gets honest — real honest. The bulk of the episode shows what happens when Caitlyn's mom and two sisters come to visit, the first time they are seeing each other since the transformation. To help start a dialogue, Caitlyn has a therapist prompt a conversation, and Caitlyn's mom doesn't hold back, including asking about a verse in the Bible condemning dressing up in another gender's clothes.

4 Kim lends her fashion advice. Kanye West and a pregnant Kim Kardashian stop by, and Kim heads straight to Caitlyn's closet. She doesn't hold back about what Caitlyn needs to ditch. Plus, she pulls out a dress that Kris Jenner also has. Talk about awkward!

5 Real trans issues are addressed. More than anything, the show highlights Caitlyn's big heart. She truly cares about the trans community, especially young people who struggle with both self-acceptance and acceptance from others. Caitlyn spends an afternoon with the family of a 14-year-old trans teenager who committed suicide, and upcoming episodes feature her going to support groups and addressing important issues such as what trans people who can't afford sex reassignment surgery do. The Kardashian enterprise has been written off by many as frivolous, but their latest show has the potential to change misconceptions and stereotypes.

"I Am Cait" airs Sundays at 8 p.m. on E! / JAMES WHITE, E!

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Interview. The man who sees it all in the "Bachelor"/"Bachelorette" universe weighs in on the latest season and what's to come.

If you've been watching ABC's "The Bachelorette," you'll know this season has repeatedly been called "controversial" and "dramatic" — well, mostly by its host, Chris Harrison. So we went straight to the leader himself of Bachelor Nation to clear the air ahead of tonight's finale, plus get the scoop on what's next.

The moment everyone's still debating

The show's producers received more backlash than ever for keeping a microphone around during Kaitlyn and Nick's "intimate" encounter, but Harrison stands by the choice to air the scene.

"Should we, as producers, not be truthful with the audience because we don't think you can handle it? … I don't think it's up to producers to go back and edit that to make everybody feel good about themselves and make this perfect Disney utopia," he says.

Kaitlyn's legacy and lessons learned

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Chris Harrison tells all

Catch the finale of "The Bachelorette" tonight at 8 p.m. on ABC.

RICK ROWELL, ABC

"I think Kaitlyn was incredibly open and strong and wore her heart on her sleeve," Harrison says.

As for whether future bachelors and bachelorettes will be more cautious about what they're getting up to behind closed doors, Harrison can't be sure. "Maybe they'll be more leery. … Maybe it's a lesson learned. I don't know."

Double trouble?

Harrison says that despite rumors to the contrary, they haven't chosen the next bachelor — or should we say bachelors? Though Harrison was less than thrilled to have two bachelorettes going into this season because it complicated production, he says he'd "never say never" to doing it again: "We have an embarrassment of riches as far as decisions on the next bachelor."

RACHEL KASHDAN
@MetroPhilly
letters@metro.us

GETTY IMAGES

Spinoffs

Heading to 'Paradise'

Can't get enough of the tears, drunken yelling and over-the-top dates? "Bachelor in Paradise" premieres on Aug. 2, with past "Bachelor" contestants living and loving it up in Mexico. We got the scoop from Harrison on what he thinks of the upcoming season.

Who are you most excited to have on the show?

Ashley I. was such a dynamic character on the show that she definitely had to come back. And Ashley S. — I don't know if I ever want to do any television without her.

And I definitely wanted some of the guys from this season because they were so good.

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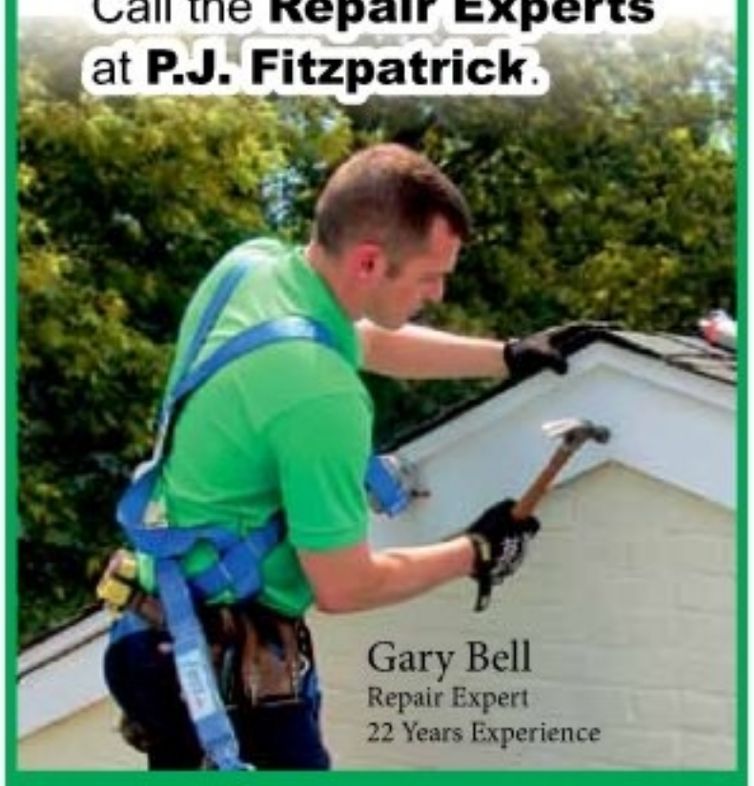

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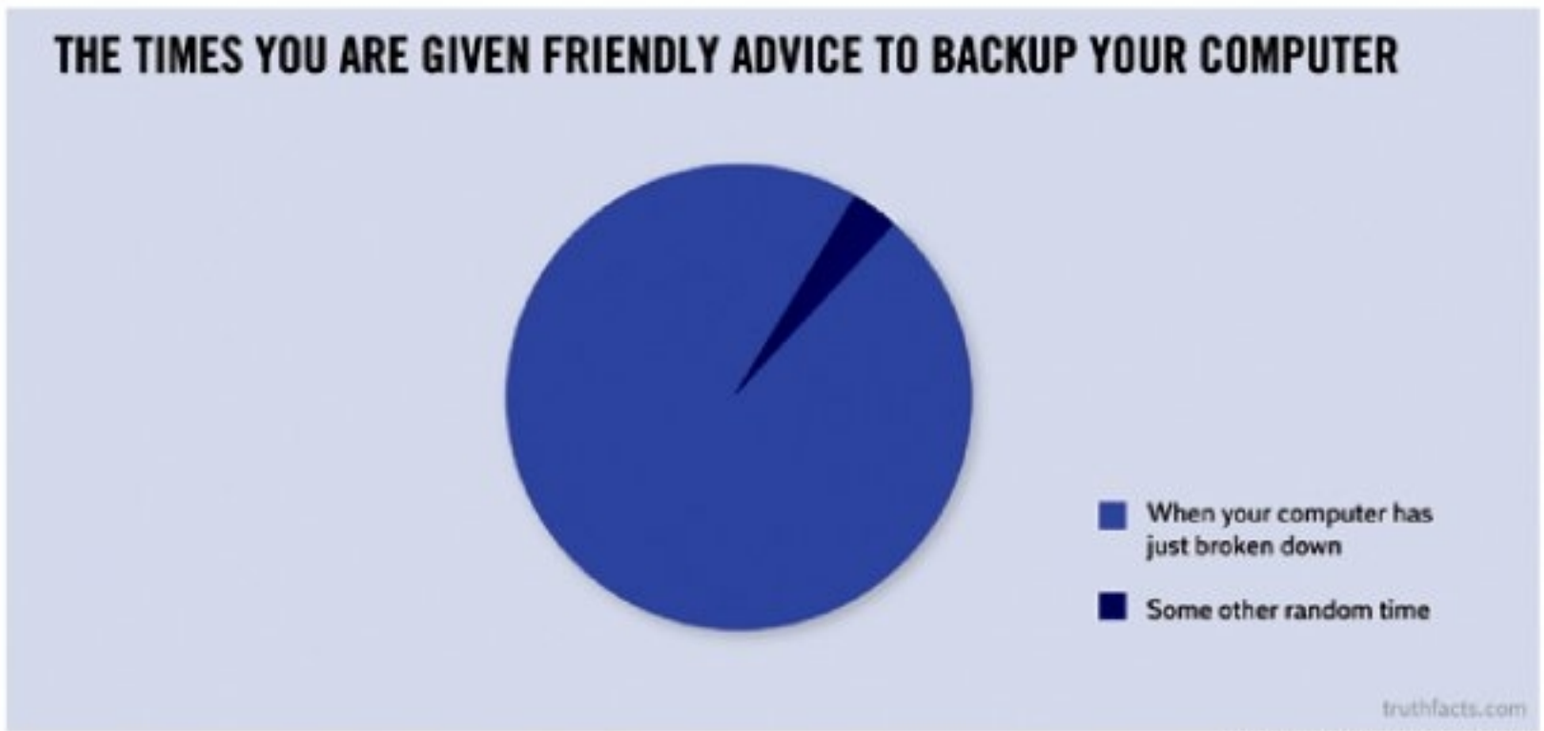
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Across

1 Wade's teammate
5 Orange pekoe
8 — -eyed
12 Delicate fabrics
14 Pull down
15 Excuse me!
16 Windy City airport
17 Narrow valley
18 Country-club fees
19 Reach an agreement (3 wds.)
21 Lily maid of Astolat
23 Say more
24 Opposite of post-
25 Tax-form ID
26 Beauty parlors
30 Dispense with
32 Alternate name
33 Jonquil
37 Feel like
38 Prove false
39 Enameled metal
40 The dark enchants them (2 wds.)
42 Redhead's tint
43 All — Day (Nov. 2)
44 Rubicon crosser
45 Go-aheads
48 Kind of humor
49 1040 org.
50 Brunette to blonde switch (2 wds.)
52 Squirms
57 Old ruler of Venice
58 Safety agcy.
60 Take, as a course
61 Footnote abbr. (2 wds.)
62 Refusals
63 Bete —
64 Cinnamon goody
65 Underhanded
66 Oil barrel

Down

1 Cartel
2 Molokai neighbor
3 A word to kitty
4 Juno, in Athens
5 Statuesque
6 Before, in verse

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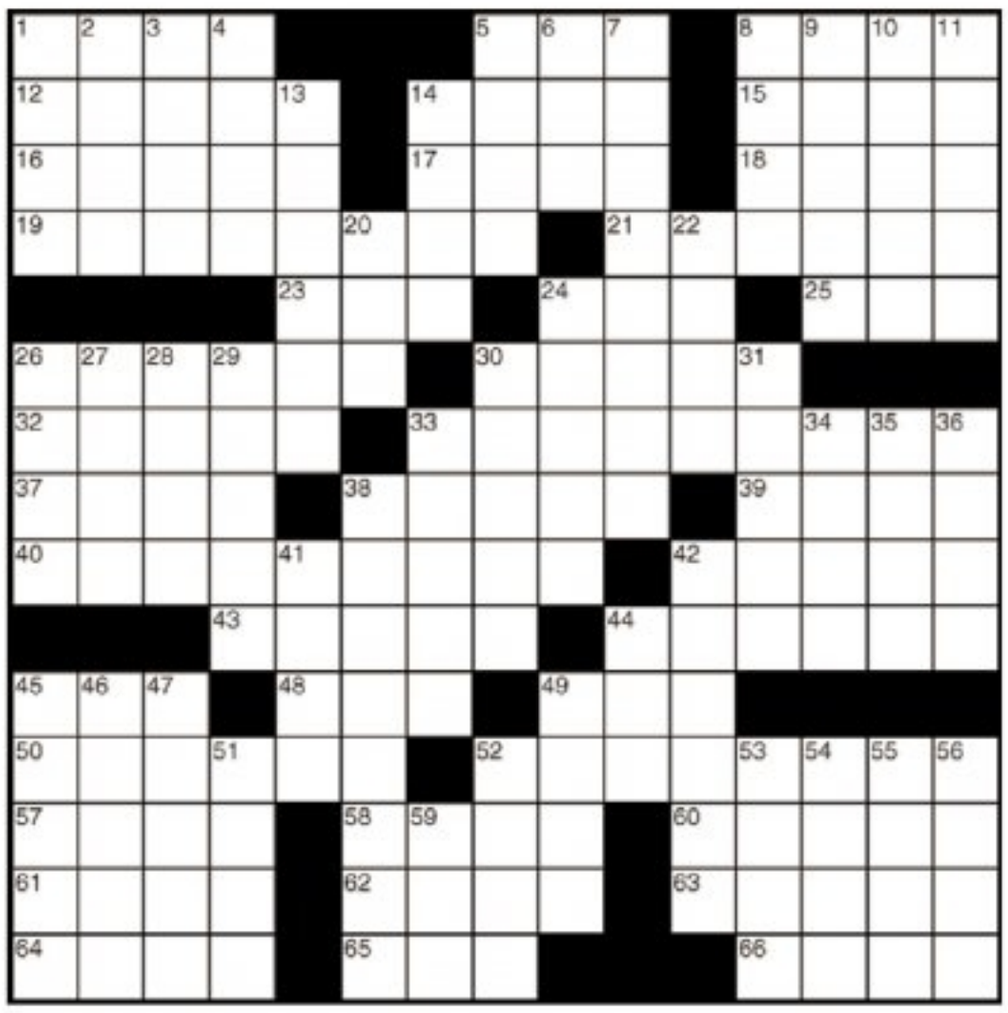
7 Vampire writer (2 wds.)
8 Float ingredient
9 "Satchmo" Armstrong
10 Unwraps
11 Ruhr Valley city
13 Family cars
14 Hoople's word
20 MS readers
22 Name in jeans
24 European capital
26 Cut, as logs
27 Jai —
28 Ding-a- —
29 Vows
30 Barriers
31 Helena rival
33 "Gunsmoke" deputy O'Brien
34 All boys
35 Arm bone
36 Char a steak
38 Kentucky whiskeys
41 Commotion (hyph.)
42 Expedite
44 Dernier –
45 More weird
46 Temple city of Japan
47 George of "Blume in Love"
49 — — only kidding!
51 Thicken
52 People in general
53 Clump of dirt
54 Next in line
55 Pantyhose shade
56 Flower holder
59 Sun, in Baja



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8		7		5		6		
		5				7		
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2		8		4		1		

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	4	2	1					
	9			7		2		
4	3			1	8			6
8					5	1		

/horoscopes

Aries Concentrate on the projects that mean the most to you and best showcase your talents. New friendships will lead to activities.

Taurus You will face health problems if you don't focus on moderation. Resist the urge to try a medication just because a friend recommends it.

Gemini Changes in your personal life are apparent. It may be time to sever a relationship if you are being restricted or have too many demands.

Cancer Upcoming career changes look good. A position that appeals to your creative nature will turn out to be quite fulfilling.

Leo Your charm and unique talent will wow the crowd. No matter what competition you come up against, you will be a strong contender.

Virgo You should avoid borrowing or lending money. Play it safe. Don't wait for others to do things first. Work diligently on your own.

Libra You can cultivate new friendships, but mixing business with pleasure will create problems. You will get positive results by listening.

Scorpio Getting into shape will boost your confidence. Make a focused effort to improve your health through diet and exercise.

Sagittarius If you act rationally, it will help to solve a problem. You will not have a realistic view of the situation if you don't get the facts.

Capricorn Not everyone will agree with your plans, but once the final results are in, it will be obvious that your thinking was right on target.

Aquarius Greater involvement in your community will lead to an opportunity. You will be able to accomplish a great deal with your unique style.

Pisces Don't trust everyone you work with. You will end up being blamed for something you had no part in. Be honest but diplomatic. EUGENIA LAST

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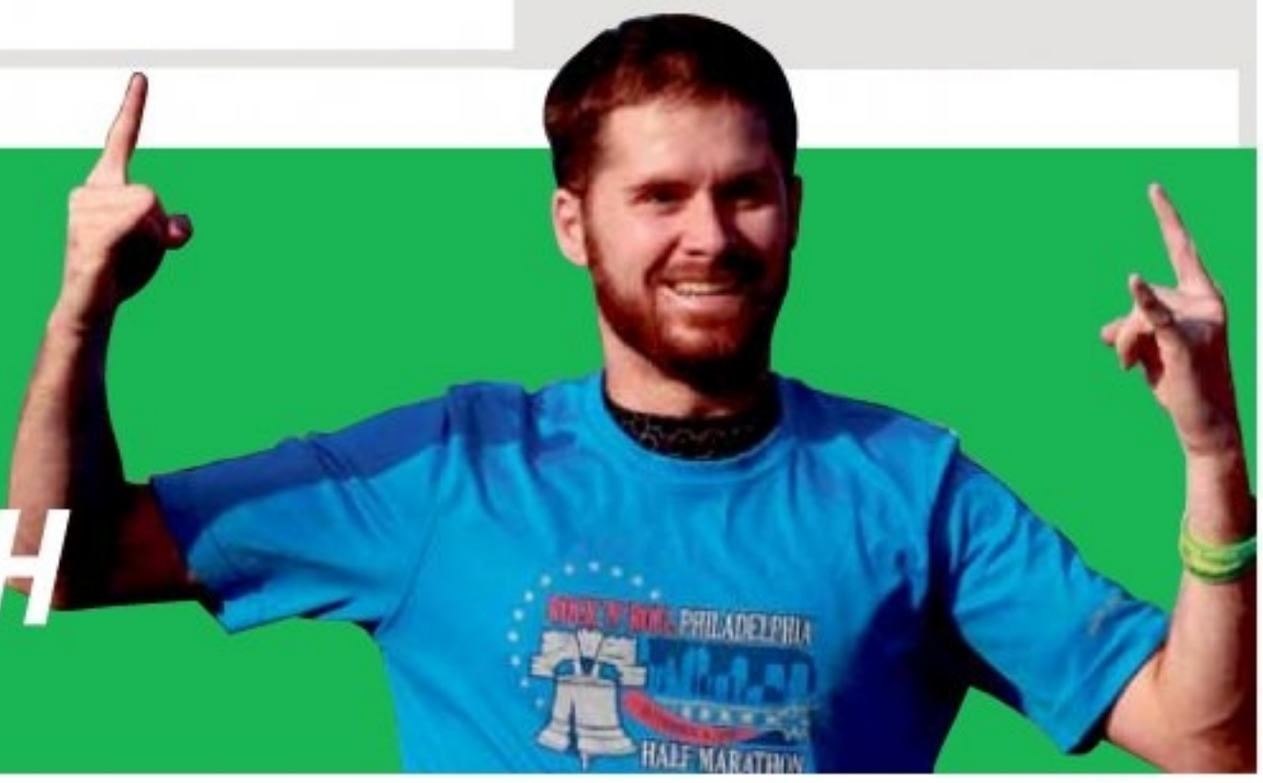


HOW TO GET AHEAD

A former dancer proves it's never too late to go to school

How Jeffrey Golladay left a 20-year ballet career to get his undergrad degree.

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

Jeffrey Golladay wasn't your typical college student — and not just because he was 30 years old and married by the time he enrolled as a freshman at NYU.

He also had a nearly 20-year career as a professional dancer, performing with some of the most renowned companies in the word, including New York's American Ballet Theatre (ABT), where he had spent a decade in the corps.

But a bad shoulder injury during a performance in 2011 had Golladay reconsidering his future.

"I finished the season, but I needed to get surgery that summer, and it was going to be at least nine months of recovery before I could go back onstage," he says. "I had taken some college classes through a program at ABT, so I thought maybe I could use that time while I was doing physical therapy to really go to school and see if I could hack it in a university setting. It was daunting, but after that first semester, I never looked back."

Now, he's just graduated magna cum laude from NYU's School of Professional Studies with a B.A. in social sciences — and an internship at the Council on Foreign Relations and training at the United Nations under his belt. Come September, he'll be starting his master's studies in international affairs at the Paul H. Nitze School of Advanced International Studies at Johns Hopkins University.

Golladay talked with us about the most important things he learned about making the leap from ballet to books.

Whatever you're doing now is preparing you for your transition

Though Golladay stopped going to school at 15, he found that his classical training prepared him for college life in unexpected ways.

"A lot of dancers have what it takes to survive in academia," he says, recalling the grueling hours spent at the barre. "I really believe all the sacrifice and determination is there."

Plus, all the travel he did while with ABT and the San Francisco Ballet before that certainly helped pave the way to a career in international relations.

"It's all about thinking about the skills you've already acquired and rewiring them or using them in a different way," he says.

Just do it

Golladay says you will just know if and when it's the time to take a leap and leave your job to go to school. "And then you just gotta dive right in," he says. "It was a little scary — I can't say I was completely confident about my decision to leave ballet. But I remember my last show in New York. I was very relaxed — it felt like going home; it felt right."

Golladay
PROVIDED

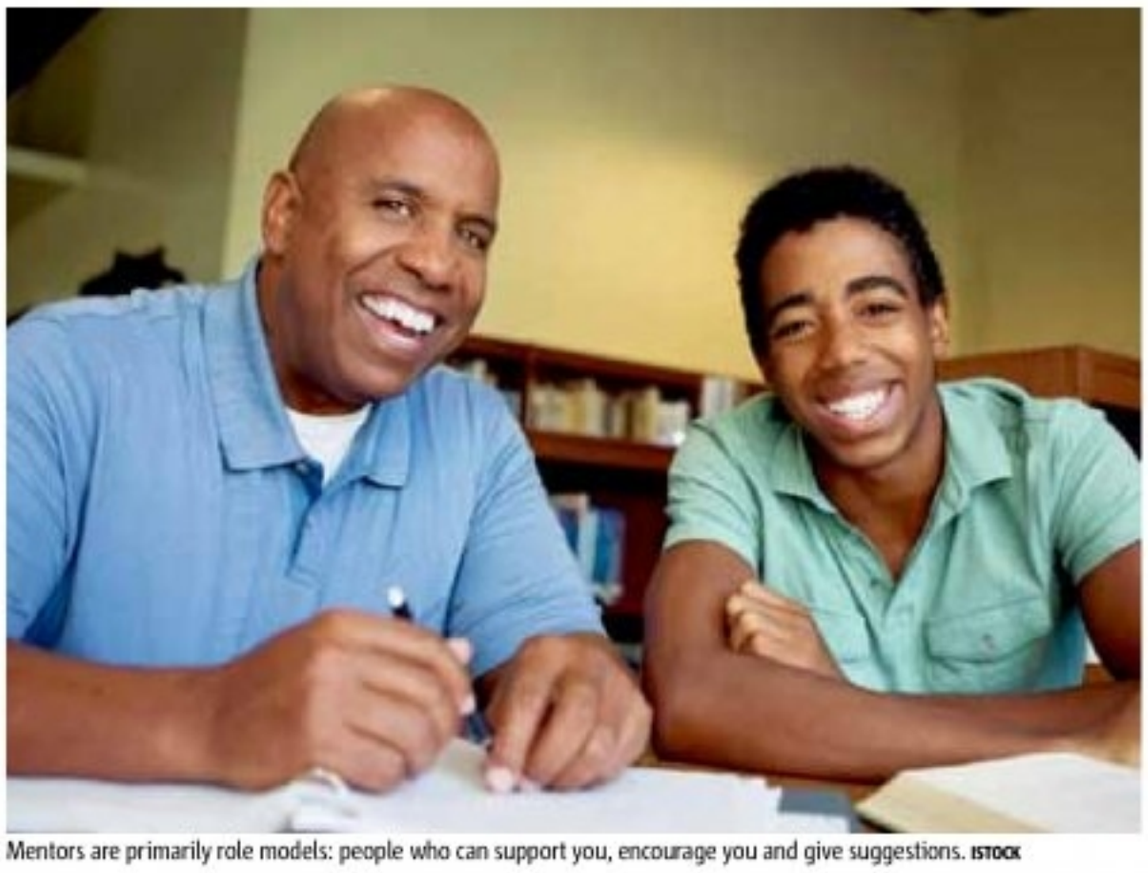
Plan your budget and stick to it

One of the good things about waiting to go to school? You've been earning money while your peers have been accruing debt.

Still, college is expensive. "The biggest thing is to make a plan and a budget and stick to it," says Golladay. "I've done some investing, and once you get into a stock or an asset, you want to start planning when to get out. It's the same when you're thinking of transitioning out of one career and into another: I needed a plan and a budget to make sure I had enough money to pay for school."

Ask for help

Golladay had an important person in his life who had also left a career in dance to go to school: his wife. "We had danced together in San Francisco. … Hearing her experiences really helped me understand what I was feeling about my own career and really gave me the confidence to transition into a new life."



Mentors are primarily role models: people who can support you, encourage you and give suggestions. ISTOCK

How to find the best mentor

Five tips to land you the perfect career coach and role model

MARIANNE HAYES
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"Mentor" is a buzzword that's especially popular among the millennial workforce — but what does it actually mean?

"Mentorship is about having goals and finding a person who has experience, can share knowledge and [can] give advice to someone who's less experienced," says Lolly Daskal, founder of Lead From Within. "They're [primarily] role models: somebody who's been there, done that and can support you, encourage you and give suggestions."

Want to land the perfect mentor? Keep these tips in mind.

Get clear on what you want

Being a mentor is a very special (and time-consuming) relationship. Take a minute to clarify what it is you want from them.

"Get clear on exactly what you're asking of this person," says Daskal. "You can't go to them and just ask them to mentor you without defining what it is you need help with."

Get multiple

Who says you're only allowed to have one mentor? Spreading out your needs across multiple people you admire is a great tactic.

"We shouldn't just have one mentor," Daskal says. "Say you have a startup — get a finance person, a lawyer and others. Having specialty mentors keeps you from bogging down one mentor with everything."

Know when it's time to walk away

Like any relationship, mentorships eventually come to an end. Be sure to acknowledge when it's time to move on.

"Maybe you only needed a mentor for a certain skill or certain project that's now coming to an end," says Daskal. "For example, launching a startup usually requires a mentor for 18 to 24 months. Regardless, you need to be mindful and respectful of when it's over, while being grateful for whatever the mentor was able to give you."

In other words, take what you've learned and pay it forward.

Reach out to the right people

When it comes to finding the right person to guide you, being picky is a good thing. Look for someone who's reputable and has a track record of being successful.

"Do your homework and pick someone who shares your values and who you resonate with," says Daskal.

The perfect person is someone who's an experience level above you, understands your plight, wants to help and has already mastered the skills you want for yourself.

Find someone who'll be real with you

According to Daskal, a good mentor won't shy away from what she calls "honest talk."

"You need to find someone who'll have courageous conversations with you and hold you accountable for where you're slacking," she says. "They have to be able to give you honest feedback and maybe push your buttons a little bit."

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raquel.laneri@metro.us

Web developers not only make good money and have flexible hours, but they actually ... have fun working? ISTOCK

Want a career that offers flexible hours, incredible work-life balance and good money? Start signing up for some computer and engineering courses.

A new survey has found that web developing might just be the best job ever. Conducted by market research firm Provoke Insights and web startup SkilledUp, the survey asked 303 developers across the U.S. questions about their careers. And a whopping 88 percent say they feel satisfied in their job.

Part of the reason is pay, with entry-level developers in New York City making as much as $80,000 per year, says Brad Zomick, co-founder of SkilledUp, which offers companies access to alternative and web education courses.

"There's an incredible demand for this kind of work," says Zomick. "Everything we do now is online, whether it's research or shopping or communicating with family and friends — and there is a finite supply of developers."

But there are other perks too, mainly flexibility. While many developers do have a degree in computer engineering, it's not necessary. Indeed, 56 percent of developers surveyed said they started in another career, such as teaching or chemical engineering. Many developers cite work-life balance as another bonus. "You can pretty much work from anywhere — not just from home but around the world," says Zomick. "And the hours are good, too."

Perhaps most important, however, is that the work is actually … fun?! "You're constantly learning new languages, developing new skills and attacking new problems every day," says Zomick. "When you finish a project, it feels like you've solved this giant puzzle. It's really rewarding."

Where to learn

Already got your degree in English literature or music performance? You can still become a web programmer. Zomick suggests checking out these places for novices looking to learn how to code.

- **Codecademy:** Free introductory courses in various programming languages.
- **Team Treehouse:** Monthly subscription service for $25-$50/month. Includes discussion forum and real project work.
- **Code School:** Monthly subscription service for $29/month. Offers quirky videos and an interactive coding console.
- **Thinkful:** Learn online but with a mentor to help you through stumbling blocks. $300-$500/month.
- **Bootcamps:** A semester-long bootcamp ($15,000+) will turn a neophyte into an entry-level developer earning $80,000. Schools include Fullstack Academy, the Flatiron School and App Academy.

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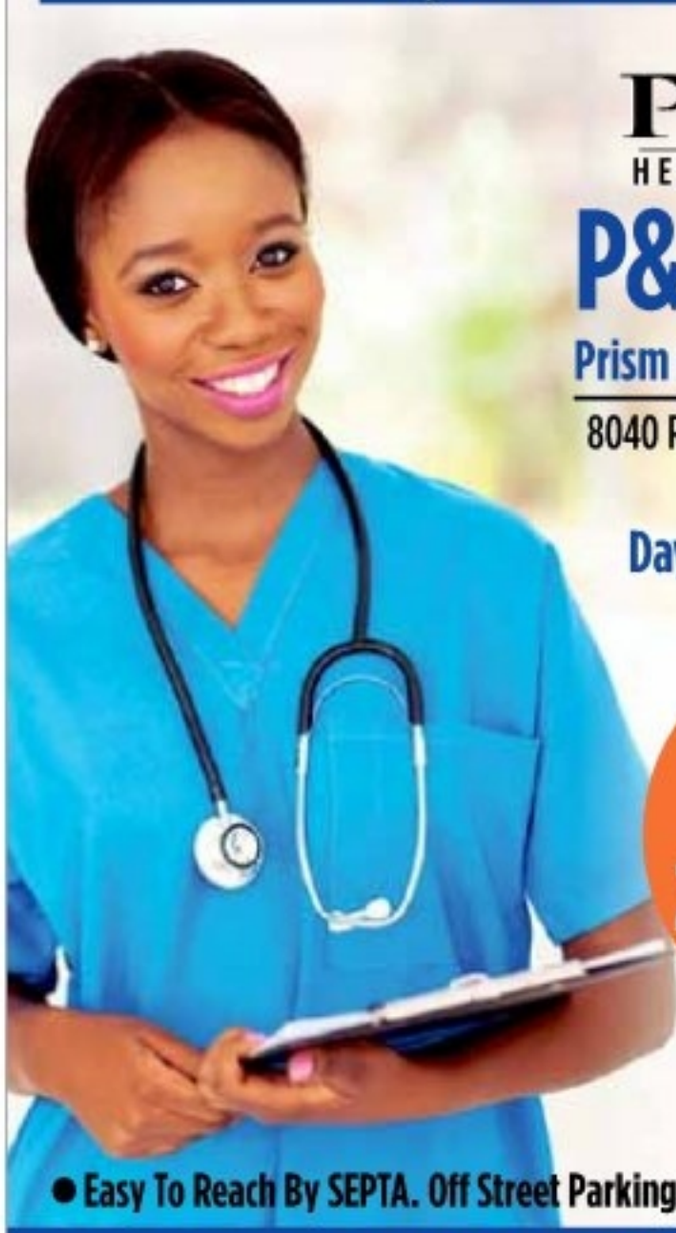

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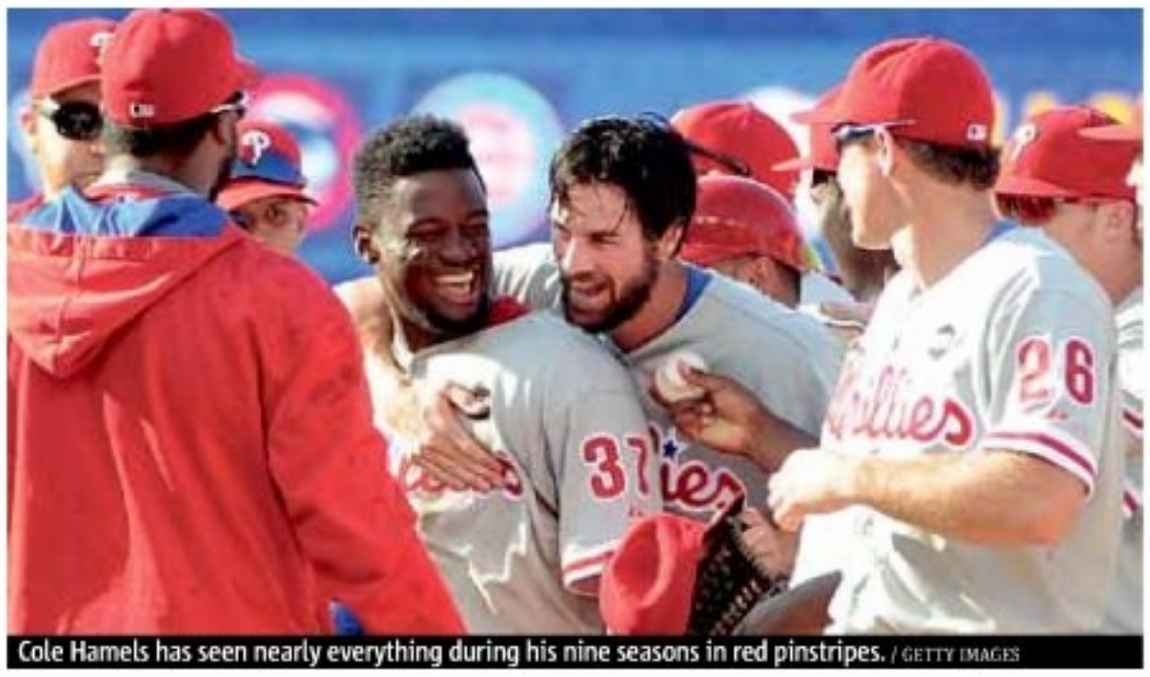
Hamels' legend continues to grow after weekend's no-no

MLB. If Cole Hamels is traded this week, his no-hitter Saturday was a legendary farewell to Philly.


Cole Hamels has seen nearly everything during his nine seasons in red pinstripes. / GETTY IMAGES

There was a time when Cole Hamels didn't live in a fortress of solitude. Sure, King Cole talks virtually after each of his starts. However, he doesn't chat much in between outings anymore. Much has changed since he was burned by the media after making comments that were bent out proportion during the 2009 World Series.

But when Hamels was a rookie in 2006, he was a journalist's dream. Hamels was accessible, intelligent and humorous. Early on he waxed about his future.

"I want to win a World Series and become one of the best pitchers in the game," Hamels revealed to Metro a month after being called up from the minors. "I want to win a Cy Young Award, throw a no-hitter and be respected."

After throwing the first no-hitter against the Cubs in a half-century, Hamels can cross that milestone off his baseball bucket list.

Hamels has yet to place a Cy Young Award on his busy mantel. But the 2008 NLCS and World Series MVP has accomplished more than most pitchers who have ever played the game. Hamels has enjoyed considerable personal and team success.

"That's not an easy thing," Hall of Famer Bert Blyleven said. "I was on bad teams for much of my career. You're lucky to ever be on a winner. You can't do it by yourself. It's a team game."

Hamels was very fortunate during the first six years of his major league career, winning a World Series, two pennants and five division titles.

But the Phillies have been losers for the last four seasons, counting the current campaign. And the popular line is that Hamels must go for prospects. But the team must get something significant for the Phillies' greatest homegrown pitching product since Robin Roberts. If they don't, how can the great rebuild commence with middling prospects?

"He definitely increased his value," Cubs manager Joe Madden told the press after Hamels' no-hitter. "You're going to get that higher-tier prospect for him because of that performance today."

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3 SPORTS

Chip chats

Kelly explains offseason

Chip Kelly recently shed (a little) light on his drastic roster decisions this offseason. "I didn't feel we were close at the end of the year," Kelly told reporters. "Ten and six, not going to the playoffs, is just like being 4-12. I understand it numberswise, but it's still..."

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Phillies can't afford to settle for less than perfect Hamels haul

MLB. Several big names in baseball say Cole Hamels should command a fairly large return if he is traded before Friday's deadline.

The Phillies should be able to get a higher-tier prospect for ace Cole Hamels, not so much for his no-hitter game but for what he has done for the past two seasons and for a magnificent career.

At least, according to a who's who of baseball.

But if the Phillies are offered suspects, should they settle?

"I don't know why they would," Orioles manager Buck Showalter said. "Keep him if you're not getting enough. He's a tremendous pitcher."

That's the logical view since Hamels can dominate for an entire game against a contender, such as the Cubs. Hamels reminded the world of baseball that he can take over a game.

"Cole is special," Hunter Pence said. "He's one of the best in the game."

Pence went on to stress that Hamels should demand a package of top prospects. Pence is enamored with his former teammate, just like Jimmy Rollins was.

J-Roll was recently asked by the Los Angeles Times about Hamels, and Rollins went on to say that Hamels is his favorite pitcher to perform behind. Interesting comment since he's playing short for the Dodgers behind three-time Cy Young Award winner Clayton Kershaw and the 2015 NL favorite Zach Greinke.

Hamels is a special pitcher who must attract more than a relatively promising group of young players for it to be a good trade for the Phils.

"I don't know how the Phillies trade Cole Hamels for anything less than a very, very good package," Brewers slugger Ryan Braun said. "He's been one of the best pitchers in the game for years and is still one of the best pitchers in the game."

The countdown to the deadline continues until Friday at 4 p.m. The Phils are also expected to be shopping Jonathan Papelbon, Jeff Francoeur and others.

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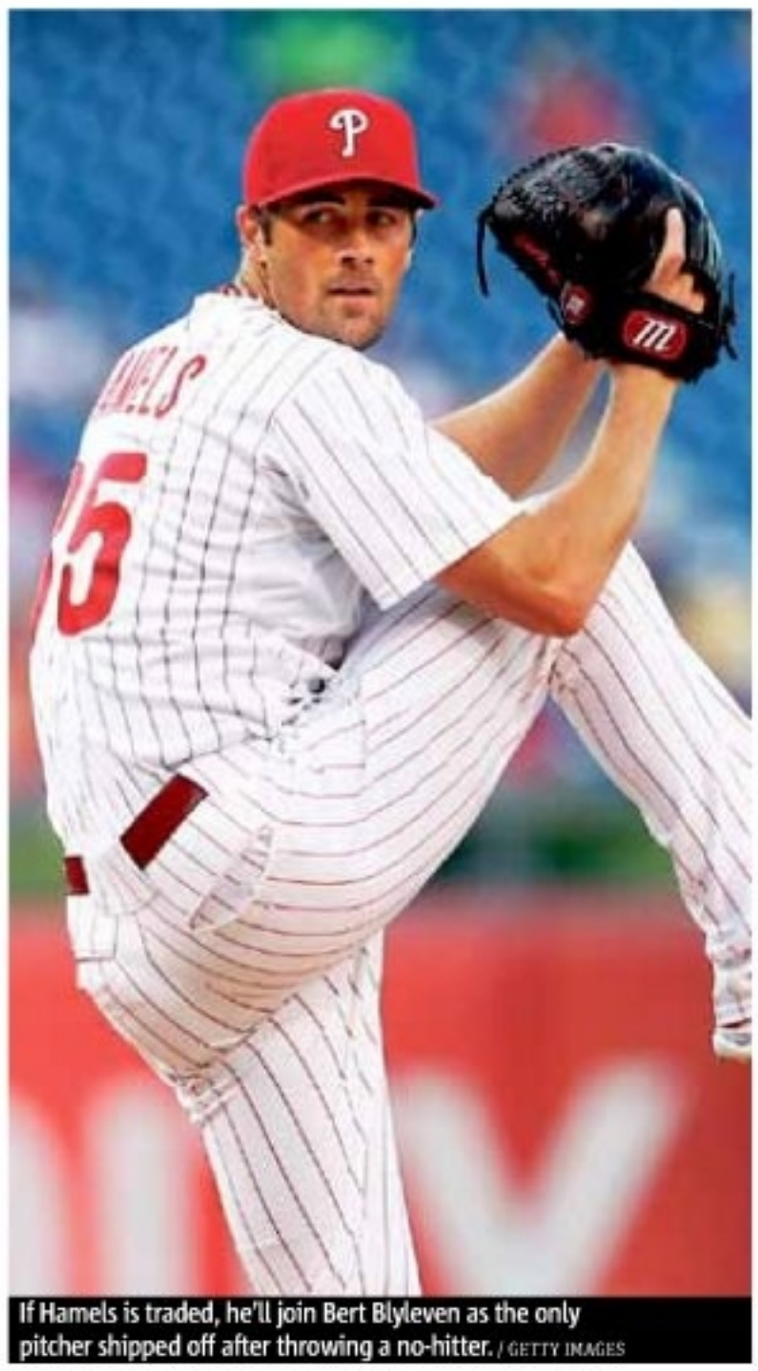
By the numbers

13

Cole Hamels' 13-strikeout performance during his Saturday no-hitter was the 13th hitless game thrown by the Phillies in their storied history. Hamels happened to also be a part of the team's 12th, a combined no-no over the Braves in September 2014.



If Hamels is traded, he'll join Bert Blyleven as the only pitcher shipped off after throwing a no-hitter. / GETTY IMAGES

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Phillies offense comes alive to finish sweep

MLB. Aaron Nola earned his first big-league win as the Phils' offense burst for 11 runs Sunday.

It's always a good sign when Howard is hitting opposite-field home runs. / GETTY IMAGES

There was no Cole Hamels hangover in Chicago Sunday afternoon.

Less than 24 hours after Hamels was mobbed by teammates on the Wrigley Field mound following his no-hitter, the Phillies lifted Aaron Nola to his first MLB victory in an 11-5 win.

After the Phillies' offense and its futility overshadowed Nola's debut in a 1-0 setback last week, the unit overshadowed the hurler again by slapping 17 hits, three of them triples, to complete a surprising three-game sweep of the playoff-hopeful Cubs.

Not only that, but the Phillies have now improved to 8-1 since the All-Star break, the best mark in baseball.

With three runs in the top of the first, Nola gave up two to make it a 3-2 game again. But not long after, the Phillies racked up six unanswered runs.

The rookie would toss seven and two-thirds strong frames against Chicago, striking out six while allowing four runs.

The Cubs struck for two more runs after the Phillies upped their lead to 11-2 on Ryan Howard's 18th homer in the eighth and one more in the ninth. Cubs catcher David Ross pitched a scoreless ninth inning before hitting his first homer of the year in yet another bizarre "only in baseball" moment toward the end of this memorable series.

Also contributing offensively were Odubel Herrera and Domonic Brown, each netting three hits apiece.

Cesar Hernandez, Maikel Franco and Ryan Howard also had multihit games, with Franco knocking in three runs (Brown also had three RBI).

The Phils hope they don't cool off during Monday's off-day before the team heads north of the border to face the Blue Jays for a quick two-game set Tuesday and Wednesday.

By the numbers

8-1

The Phillies have improbably sprung to an 8-1 start after the All-Star Game. They are still 26 games under .500.

EVAN MACY
@evan_macy
evan.macy@metro.us

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NFL training camps open next week, which means we're inching closer to gambling ... err ... football season. The over/unders on teams and their 2015 regular season win totals are fluctuating, so July is as good a time as any to jump on a bet. A look at some of the best values on the board at Bovada.lv:

Redskins (6.5 wins) – Over
Robert Griffin III is experiencing Vince Young-like backlash this offseason. One NFL coach told ESPN.com's Mike Santo that Griffin was "done," and he was ranked 31st overall by the MMQB.com in terms of projected starting quarterbacks for this season. This, of course, means that Griffin is due for something of a bounceback campaign.

Jameis Winston / GETTY IMAGES

This is a team that's already bottomed out — they won three games in 2013 and won four games last season. Only truly horrific teams hover around three to four wins three years in a row.

Jaguars (5.5) – Over
Don't laugh. The worm has to turn at some point. Blake Bortles is in Year 2, and he'll have a new target in tight end Julius Thomas. Jared Odrick joins the defensive line and Davon House joins the secondary.

Broncos (10) – Under
That Mile High air won't resurrect Peyton Manning's arm, which fell hard to the ground around Thanksgiving of last year. Wes Welker is still looking for a job, and there is only one Thomas remaining in Denver. Oh, and they replaced one head coach with a winning record (John Fox, 126-96) with one head coach who has a losing one (Gary Kubiak, 63-66).

Buccaneers (6) – Over
Lovie Smith took over the Bears in 2004, and they went 5-11 in his first year. The next year that record flipped as the Bears went 11-5. With Jameis Winston playing behind a young, strong offensive line, Tampa Bay should overachieve.

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5 Top storylines as NFL training camps kick off

NFL. The Eagles quarterback situation is just one of the most intriguing things to watch when training camp starts.

Sam Bradford, if healthy, has a great opportunity to give his career rebirth. / CHARLES MOSTOLLER

It's no secret that the NFL never sleeps. Except for in July.

With the end of the NFL's dormant hibernation during the dog days of summer about to subside (most teams begin their camps this week, with the Eagles starting later than most on August 2), there is no shortage of storylines across the football landscape that will reemerge once the preseason begins.

Whether it's a living legend hoping to bounce back or a completely revamped roster, each team's offseason has a story to tell.

Here's a brief peak at the five stories we at Metro will be watching as two-a-days, HBO's Hard Knocks and 7-on-7 drills heat up in August:

1 Sam Bradford 2.0: The circus is still in town, now in its third season in South Philadelphia as Chip Kelly opens camp looking to give Sam Bradford a big second chance. Or third chance, depending on how you count. The former Heisman winner was acquired in a shocking trade involving Nick Foles and the Rams earlier this offseason. Although he's participated — albeit not at full capacity — during Eagles OTAs, it's anyone's guess if he will be able to run the high-powered Birds offense. Since New Year's Day 2013, Bradford has played just seven football games. And the backup options in Philly include Mark Sanchez and Tim Tebow. Eagles fans better hope Kelly knows what he's doing. The rest of us can enjoy the suspense and intrigue. If Bradford can't go in Week 1, things will certainly get interesting.

2 Peyton Manning 3.0: Okay, so it's not exactly a comeback. Manning played well enough to carry the Broncos into the playoffs again before fading late in the year. Is his age starting to finally show? John Fox is gone and the Gary Kubiak era is beginning in Denver, one that appears to be well suited for the 18-year veteran. Even though Manning lost tight end Julius Thomas to free agency, the Broncos' one-two punch is as good as any in football with Demaryius Thomas and Emmanuel Sanders set to return. This could be Manning's last chance, and it all starts this August on the practice field.

3 Tom Brady: The saga continues: Deflategate really dominated the football conversation from the Super Bowl on. And even though the appeal process is well underway and Brady's fate is yet unknown, it will be interesting to see how things go down in New England after a verdict is reached. Sure, there is a good chance Brady's four-game suspension is relinquished and things are back to status quo in Foxboro. But things could certainly get interesting if Brady's suspension is upheld. Will the Patriots take the punishment or will the fight for Brady become a distraction?

4 Marcus Mariota and Jameis Winston, collision course: Will Marcus Mariota and Jameis Winston be ready for the spotlight when Week 1 arrives? It doesn't matter, as both appear to be their respective teams' starters and they are set on a collision course when the Titans and Buccaneers face off in the season opener. It could be the start of something great, a Southeast-centric rivalry rooted in the stellar pedigree of the No. 1 and 2 overall picks. Or they could wind up as busts. Pay close attention to their performances during preseason Week 3, when they will play into the third quarter.

5 Super Bowl hangover?: The Seahawks lost in perhaps the most shocking and disappointing fashion in sports history. But the gang is, more or less, back intact and looking to get to their third straight Super Bowl. With new addition Jimmy Graham on board and Marshawn Lynch returning the offense looks to be better than last year. But questions remain. Can Cary Williams replace Byron Maxwell at cornerback? Will Russell Wilson play the year without his new contract?

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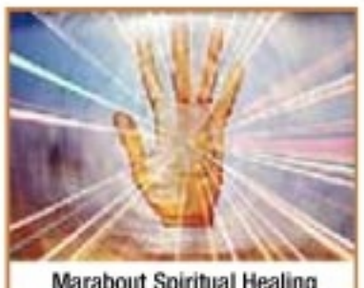

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PUBLICATION SUMMONS
Case No. 15-CV-3838

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STUPAR, SCHUSTER & BARTELL, S.C.
Attorneys for Plaintiff

By:_____/s/_____
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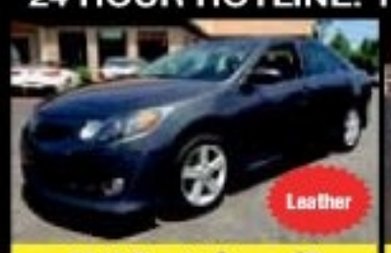

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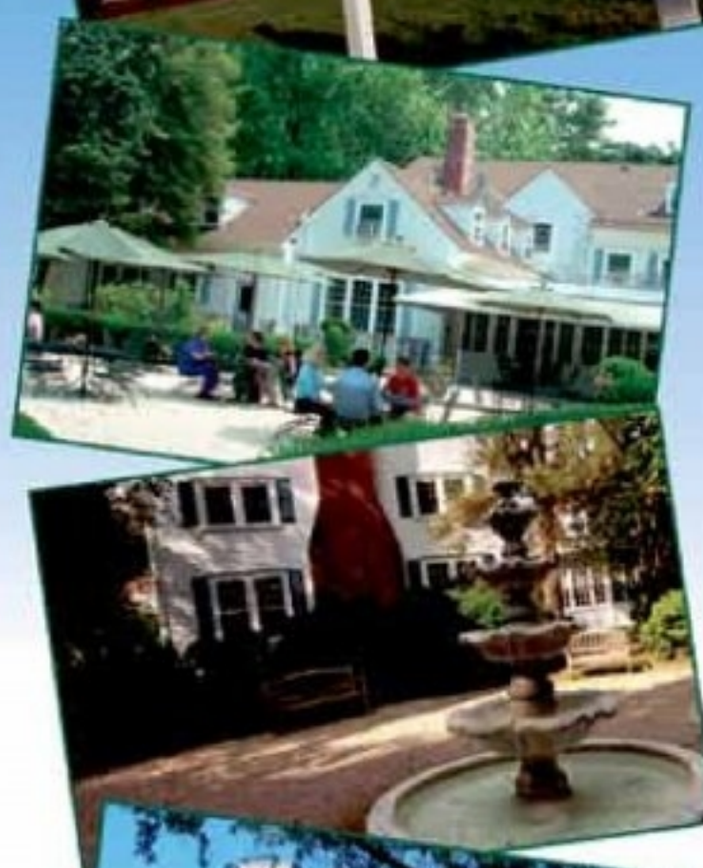

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